

Iridology - Antonia Zappia - 210/2/23

Haematogenic Genotype (brown eyes)

Genetic potential for:

- Blood disorders
- Blood plasma disturbances such as anemia
- Circulation ailments
- Glandular conditions
- Fluctuations in blood sugar
- Thyroid imbalance
- Hormonal imbalances - pituitary and adrenals
- Stagnation of lymph causing hard lumpy glands
- Deficiency of minerals and trace elements
- Copper, zinc, iron and iodine deficiencies.

There is an inherent tendency for:

- Digestive disorders resulting from liver and gall bladder deficiencies
- Gastrointestinal and bowel dysfunction causing flatulence, constipation and diarrhoea.

Consider:

- Herbal, nutritional and biochemical therapeutics that are nourishing for liver, gall bladder, pancreas and bowel
- Herbal, nutritional and biochemical therapeutics that are nourishing for blood, iron and ferritin levels.

Structural Constitution - Moderately Resilient

Constitutional Subtype - Polyglandular

- This is quite common and refers to the appearance of lacunae (dark openings) around the collarette.
- The latin word for lacuna is deficiency so particular areas of the body have a genetic potential for deficiency, inactivity, reduced function and vitality.

- Specific areas to watch for you: Liver and gall bladder, thyroid and heart
- *Personality and Temperament*: emotive, warm, approachable empathic and compassionate. Can become emotional if experiencing glandular imbalance. Need to express creatively or else can suffer low mood

Constitutional Subtype - Anxiety Tetanic Disposition (contraction and radial furrows)

- Inherited disposition for varying patterns of overactivity and underactivity and/or unpredictable digestion and GIT function.
- Underactivity in digestive function and gastric secretion/enzymes can cause poor absorption of vitamins and minerals.
- There is also an inherited potential for neuromuscular and neurovascular cramping - cramping and spasm, grinding of teeth, headaches, muscular tension, spinal misalignment, tension in circulatory vessels and gut.
- *Personality and Temperament*: highly motivated, ambitious, efficient and capable of multi-tasking. Enjoy pressure and being busy. Can thrive on stress and produce excellent results. Can have difficulty relaxing, stopping and maintaining balance. Can be described as workaholics. Inherently predisposed to emotional states of anxiety and phases of overwhelming overload.

Contraction Furrows (semi-circular arcs- showing as white in your eyes)

Genetic potential for:

- Calcium and vitamin D deficiency
- Neuromuscular and neurovascular tension
- Parathyroid deficiency - affecting calcium metabolism
- Tendency higher stress

Consider:

- Stress management
- Relaxation techniques
- Healthy diet to avoid spasm, cramping and pain.

Specific areas to watch for you: Abdominal and pelvic area; shoulders and neck, left arm and hand.

Radial Furrow (Straight lines like spokes on a wheel (yours appear like folds in the eyes)).

Specific areas to watch for you - headaches and migraines, stomach and bowel disturbances.

Venous Circulation Sign (Blue halo or border)

- Acquired sign
- Congestion in venous circulation
- Predisposition to varicosities. Do you have varicose veins? Have you had anemia or blood disorders?

Pigments (Look like coloured freckles)

- These can inherited and acquired
- Can get larger and darker over time
- Acquired pigments represent active wear and tear in organs

Specific areas to watch for you: right ovary or pelvis, spleen and liver.

Collarette type - Thick

You have a thick ropey collarette. Thick collarette usually indicates an inherited potential for GIT reactivity, including bouts of watery bowel motions. These can be accompanied by colic, spasm, bloating and flatulence, food intolerances and sensitivities.

Personality and Temperament: energetic and forthright and open in communications with others.

Collarette type - Broken

Your collarette is also broken in parts by radial furrows. Broken collarette further indication of genetic potential for varying patterns of underachieve and overactive GIT function.

Consider

- Digestive: Enzyme Support if necessary
- Foods, herbs and supplements for nervous system support

Specific Areas to watch for you: right inner ear, pituitary and pineal glands, left sinus canal,.